

# 31-Day Yoga Routine to Help You De-Stress

## Week 1

1 *Sun Salutation A*

2 *Sun Salutation A + B*

3 *Rest*

4 *Sun Salutation A +  
Relaxation*

5 *Sun Salutation A +  
Balance*

6 *Rest*

7 *Rest*

## Week 2

8 *Sun Salutation B*

9 *Sun Salutation A*

10 *Rest*

11 *Sun Salutation B +  
Relaxation*

12 *Rest*

13 *Sun Salutation A +  
Balance + Relaxation*

14 *Rest*

## Week 3

15 *Sun Salutation A + B*

16 *Rest*

17 *Sun Salutation A +  
B + Relaxation*

18 *Sun Salutation A*

19 *Rest*

20 *Sun Salutation B*

21 *Rest*

## Week 4

22 *Sun Salutation A +  
Balance + Relaxation*

23 *Sun Salutation B*

24 *Rest*

25 *Sun Salutation B +  
Balance + Relaxation*

26 *Rest*

27 *Sun Salutation A + B*

28 *Rest*

## Week 5

29 *Sun Salutation A +  
B + Balance +  
Relaxation*

30 *Rest*

31 *Sun Salutation A +  
B + Balance +  
Relaxation*

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